



# JUNE 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	<b>2</b> Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	<b>3</b> Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	<b>4</b> Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	<b>5</b> Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	
<b>7</b>	<b>8</b> Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	<b>9</b> Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	<b>10</b> Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	<b>11</b> Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	<b>12</b> Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	<b>13</b>
<b>14</b>	<b>15</b> Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	<b>16</b> Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	<b>17</b> Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	<b>18</b> Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	<b>19</b> Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	<b>20</b>
<b>21</b>	<b>22</b> Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	<b>23</b> Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	<b>24</b> Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	<b>25</b> Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	<b>26</b> "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	<b>27</b>
<b>28</b>	<b>29</b> Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	<b>30</b> Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	Breastfeeding classes can also be scheduled at the Laurel clinic. Call (410) 313-0630 for monthly schedule	<b>Services: Howard County</b> <ul style="list-style-type: none"> <li>Peer Counselor support</li> <li>Group BF Classes</li> <li>Individual BF Classes</li> <li>Electric pump demo</li> <li>Loaner Electric Pumps for moms returning to school/work</li> <li>Returning to work/school BF classes</li> </ul>		<b>To Contact a Breastfeeding Counselor near you:</b> Columbia: (410) 313-7206 Savage/Laurel: (410) 313-0630 <b>Howard County WIC Program:</b> (410) 313-7510



# JULY 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Services: Howard County</b> <ul style="list-style-type: none"> <li>Peer Counselor support</li> <li>Group BF Classes</li> <li>Individual BF Classes</li> <li>Electric pump demo</li> <li>Loaner Electric Pumps for moms returning to school/work</li> <li>Returning to work/school BF classes</li> </ul>		Breastfeeding classes can also be scheduled at the Laurel clinic. Call (410) 313-0630 for monthly schedule	1	2 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	3 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	4
5	6 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	7 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	8 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	9 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	10 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	11
12	13 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	14 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	15 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	16 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	17 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	18
19	20	21 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	22 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	23 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	24 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	25
26	27 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	28 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	29 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	30 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	31	<b>To Contact a Breastfeeding Counselor near you:</b> Columbia: (410) 313-7206 Savage/Laurel: (410) 313-0630 <b>Howard County WIC Program:</b> (410) 313-7510



# AUGUST 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Services: Howard County</b> <ul style="list-style-type: none"> <li>Peer Counselor support</li> <li>Group BF Classes</li> <li>Individual BF Classes</li> <li>Electric pump demo</li> <li>Loaner Electric Pumps for moms returning to school/work</li> <li>Returning to work/school BF classes</li> </ul>		Breastfeeding classes can also be scheduled at the Laurel clinic. Call (410) 313-0630 for monthly schedule	<b>To Contact a Breastfeeding Counselor near you:</b> Columbia: (410) 313-7206 Savage/Laurel: (410) 313-0630 <b>Howard County WIC Program:</b> (410) 313-7510			1
2	3 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	4 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	5 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	6 Breastfeeding Support Group @ 10:00 am  Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	7 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	8
9	10 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	11 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	12 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	13 Breastfeeding Support Group @ 10:00 am  Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	14 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	15
16	17	18 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	19 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	20 Breastfeeding Support Group @ 10:00 am  Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	21	22
23/30	24/31	25 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	26 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	27 Breastfeeding Support Group @ 10:00 am  Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	28 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	29

